

Nutritional Resilience by Patti T Milligan, PhD RD CNS, Saliva Enthusiast

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The master molecular regulators and mechanisms determining longevity and health span include nitric oxide (NO) and superoxide anion radicals (SOR). L-arginine, the NO synthase (NOS) substrate, can **restore a healthy ratio between the dangerous SOR and the protective NO radical to promote healthy aging.**

1. Immune system: Nitric oxide helps immune cells communicate and respond promptly to invaders.
2. Circulatory system: Nitric oxide appears to help boost healthy blood flow and tissue oxygenation, allowing nutrients and oxygen to circulate and nourish.
3. Exercise and muscle performance: Nitric oxide may be correlated to a slight improvement in physical performance. Athletes who received nitrate supplements appear to tire slightly more slowly than those who don't receive the supplement.

[Check your Levels!](#)

NITRIC OXIDE SALIVA TEST STRIPS

WHY THIS TESTING?

These test strips tell you if you are eating enough dietary nitrate, and whether the friendly nitrate-reducing bacteria or probiotics on your tongue are present. Both our dietary nitrate and nitrate-reducing bacteria helps us understand how we are managing our oxidative stress.

INSTRUCTIONS

Collect saliva from tongue on the "collection pad."

Fold strip in half and hold pads together for 10 seconds. The strip will change colors, reflecting the levels of nitric oxide in your diet and your system.

- If red, your body is converting plant-based nitrates to nitric oxide.
- If white, you may not be eating enough leafy greens and nitrate-rich vegetables.

Record your nitric oxide status & foods or supplements and repeat the saliva testing 2 hours later.



Adding nitrate-rich foods to your diet may help naturally boost your nitric oxide measurements and help exercise performance.

Nitric Oxide Foods –Implement these Foods to Boost Nitric Oxide Levels

.01 Beets

.02 Hibiscus or Pomegranate Tea

.03 Green leafy vegetables, including parsley, rosemary and basil Spinach, kohlrabi, Swiss chard, cabbage, alfalfa, kale, and the algae [spirulina](#), have high concentrations of nitrates, which are converted directly into nitric oxide in the body.

.04 Nuts and seeds Nuts and seeds contain rich levels of arginine, a type of amino acid that is involved in the production of nitric oxide. Having a healthy diet of mixed raw, or roasted and unsalted nuts and seeds can help maintain healthy nitric oxide levels.

.05 Garlic- Garlic naturally boosts the enzyme nitric oxide synthase, which aids in the conversion of nitric oxide from the amino acid L-arginine.

.06 Dark Chocolate. Dark chocolate is a pleasurable source of healthy nitrates. One study showed consuming 30 grams of 70–80 percent dark chocolate per day was enough to significantly increase nitric oxide levels.

.07 Citrus –lemon, lime, grapefruit, orange. Citrus fruits are a rich source of nitrates, and a wealth of antioxidant vitamins, in particular vitamin C which help to relieve oxidative stress in the body.

.08 L-Arginine & L-Citrulline. These are both are naturally occurring amino acids found in foods. In nitric oxide synthesis pathway 1, L-arginine is converted to nitric oxide. As a consequence, L-citrulline is produced as a byproduct. L-citrulline can then be recycled back to L-arginine and used to increase your body's natural production of nitric oxide.

.09 Berries. Berries like pomegranate, blueberries and blackberries are a rich source of polyphenols. Polyphenols are antioxidants and can help improve conversion of dietary nitrates to nitric oxide in the gut.

Boosting NO via Dr. Zach Bush quick 4 min routine

<https://www.youtube.com/watch?v=PwJCJToQmps>

